

## CHANGES IN THE INDIVIDUAL

25

from us the death agonies of Phaedra  
by a vision  
of sea-birds flying along the cliffs of the  
Adriatic.  
distract our sight for the fate of  
Polyxena by a  
glimpse of sails rising and falling on a  
white-  
crested sea ! So it is with music. The  
idea upon  
which the sonata is constructed is the  
procession  
of a series of changing moods.

There is little that is enduring in the  
constitu-  
tion of our bodies. They are material  
only in the  
sense that a waterfall is material—  
preserving their  
form, but ever changing their  
substance. We are  
ceaselessly absorbing substances from  
outside,  
ceaselessly building up from them  
compounds  
which, like explosives, contain  
potential energy.  
ceaselessly converting potential energy  
into actual  
energy by breaking up these  
compounds into  
material which is discharged as waste.  
Every  
movement of our bodies, every  
thought that flits  
through our brains, destroys  
something that has  
been created by our nutritive organs.  
In building  
up these, so to speak, explosive  
compounds, Life  
runs counter to the course of lifeless  
matter,  
which generally tends towards the  
degradation  
of energy, the breaking up of  
compounds that  
contain potential energy, and the  
dissipation of  
energy into the useless form of  
diffused heat.  
Life, on the other hand, constructs,  
but it  
constructs only in order to destroy.  
It uses

matter by changing it; and the more complete is this change—the more unstable is the tissue of which an organ is composed—the greater is the vitality it exhibits. Animals which protect themselves by solid secretions, which have encased themselves within shells or carapaces, have generally forfeited some liberty of action. Plants have lost almost all power of movement: they